

Annapolis Senior Center

1027 Bay Ridge Avenue
Annapolis, MD 21403
(Eastport Shopping Center)

Phone: 410-222-1818 Fax: 410-222-1216
Monday—Friday 8:00 a.m. to 4:30 p.m.

ANNE ARUNDEL COUNTY DEPARTMENT OF AGING

October 2003



From The Director, Ed Casey

FLEA MARKET

Our Flea Market has been rescheduled to Friday October 3 and Saturday October 4. Friday hours are 9:00—2:30 and Saturday we will be open from 9:00—1:00. Tell your friends and neighbors!

TRIPS FOR 2004!

The Trip Committee is hard at work putting together the final details for our next year's trips. One trip will be a cruise from the Port of Baltimore to Nova Scotia. We will be having a special meeting this month so you can learn all the details. As this issue goes to print, we do not have a date set for the meeting. It will be posted at the Center as soon as we have it arranged!

ART EXHIBIT AT QUIETWATERS PARK: FEBRUARY 2004

Complete details on this exhibit to be held at Quietwaters Park should be available by November. The following types of art will be accepted: Oil Painting, Watercolors, Sketching/Drawing and Photography.

Please take time to review the inside pages. We have a lot happening this month, and upcoming special events in November and December!

Inside this issue:

Daily Schedule	Pages 2 & 3	Birthdays	Page 6	Menu	Page 9
Highlights	Page 4	Membership	Page 6	RSVP	Back Page
Medicare/Managed Care	Page 4	Future Events	Page 7	Phone #s	Back Page
Fall Classes	Page 5	Flu Shots	Page 7	Staff Info.	Back Page
Ongoing Services	Page 6	Girls' Night Out	Page 8	E-Mail	Back Page

Web Site: www.aa-aging.org

Daily Schedule-October 2003

Wednesday, October 1

Aerobics begins on October 6

9:30-12:00 Blood Pressure
& Glucose Monitoring
10:00 Computer—Intermediate
10:00 Keep Your Mind Alert
12:00 Lunch
12:45 Open Bridge
1:00 Adaptive P.E.

Thursday, October 2

8:30 Aerobics....UM
8:45 Flex & Stretch w/Wts.
9:15 Weight Training....UM
9:30 Painting & Drawing
10:15 Bingo
10:45 Pilates & Strength Tr.
.....UM
12:00 Lunch
2:30 Yoga....UM

**No Duplicate Bridge or
Touchstones today!**

Friday, October 3

FLEA MARKET!

**Due to the rescheduling of the
Flea Market ALL CLASSES &
ACTIVITIES ARE CANCELED.
No Nutrition lunch today.**

Saturday September 20

FLEA MARKET!



Monday, October 6

8:30 Aerobics
10:00 Ceramics
10:00 Musical Memories: The
Big Bands
12:00 Lunch
12:30 Ceramics
1:30 Opera Appreciation

Tuesday, October 7

8:30 Aerobics....UM
8:45 Flex & Stretch w/Wts.
9:00 Woodcarving
9:15 Weight Training....UM
10:00 Word Processing -
Advanced.....SC
10:00 Needlecrafts
12:00 Lunch
12:30 Applique
1:00 Adaptive P. E. w/Rita
1:00 Knitting
2:30 History: American
Military Wars

Wednesday, October 8

8:30 Aerobics
10:00 Computer—Intermediate
10:00 Keep Your Mind Alert
12:00 Lunch
12:30 Crafts
12:45 Open Bridge
1:00 Adaptive P.E.
1:00 Intermediate Spanish

Thursday, October 9

8:30 Aerobics....UM
8:45 Flex & Stretch w/Wts.
9:15 Weight Training....UM
9:30 Painting & Drawing
10:15 Bingo
10:45 Pilates & Strength Tr.
.....UM

12:00 Lunch **12:30 Holiday Bazaar Workshop** **See details on Page 4!**

1:00 Duplicate Bridge
2:30 Yoga.....UM
3:00 'Touchstones'

Friday, October 10

8:30 Aerobics
9:30 Effective Colored Pencil
Technique

**10:00 Walking Club-
Quietwaters Park
Bring a bag lunch
or buy lunch at the
Park.
Sign Up by 10/3.**



Friday, October 10....cont'd

12:00 Lunch
12:30 Birthday Celebration
12:30 Digital Photography
1:00 Art: Watercolor

Monday, October 13

8:30 Aerobics
10:00 Ceramics
10:00 Musical Memories: The
Big Bands
12:00 Lunch
12:30 Ceramics
1:30 Opera Appreciation

Tuesday, October 14

8:30 Aerobics....UM
8:45 Flex & Stretch w/Wts
9:00 Woodcarving
9:15 Weight Training....UM
10:00 SHOPPING : 'Walmart'
Lunch at Shopping Center.
SIGN UP REQUIRED BY 10/7.
10:00 Word Processing -
Advanced.....SC
10:00 Needlecrafts
12:00 Lunch
12:30 Applique
1:00 Adaptive P. E. w/Rita
1:00 Knitting
2:30 History: American Wars

Wednesday, October 15

8:30 Aerobics
9:30-12:00 Blood Pressure
& Glucose Monitoring
10:00 Computer—Intermediate
10:00 Keep Your Mind Alert
12:00 Lunch
12:30 Crafts
12:45 Open Bridge
1:00 Adaptive P.E.
1:00 Intermediate Spanish

Legend

**UM - Eastport United
Methodist Church
SC—Stanton Center**

Daily Schedule—October 2003

Thursday, October 16

8:30 Aerobics....UM
 8:45 Flex & Stretch w/Wts
 9:15 Weight Training....UM
 9:30 Painting & Drawing
 10:15 Bingo

10:30 DINING OUT:

**Trip to Harbour Center;
 Lunch at Amish Market .**

SIGN UP BY 10/7.

10:45 Pilates/Strength Tr....UM
 12:00 Lunch
 12:45 Advisory Council Mtg.
 1:00 Duplicate Bridge
 2:30 Yoga.....UM
 3:00 'Touchstones'

Friday, October 17

8:30 Aerobics
 9:00 Effective Color Pencil
 Technique
 10:00 Keep Your Mind Alert
 12:00 Lunch
 12:30 Digital Photography
 1:00 Art: Watercolor

Monday, October 20

8:30 Aerobics
 10:00 Ceramics
 10:00 Musical Memories: The
 Big Bands
 12:00 Lunch
 12:30 Ceramics
 1:30 Opera Appreciation

Tuesday, October 21

8:30 Aerobics....UM
 8:45 Flex & Stretch w/Wts
 9:00 Woodcarving
 9:15 Weight Training....UM
 10:00 Word Processing -
 Advanced.....SC
 10:00 Needlecrafts
 12:00 Lunch
 12:30 Applique
 1:00 Adaptive P. E. w/Rita
 1:00 Knitting
 2:30 History: American
 Military Wars



Annapolis Senior Center

Wednesday, October 22

8:30 Aerobics
 10:00 Computer—Intermediate
 10:00 Keep Your Mind Alert
 12:30 Crafts
 12:45 Open Bridge
 1:00 Adaptive P.E.
 1:00 Intermediate Spanish

Thursday, October 23

8:30 Aerobics....UM
 8:45 Flex & Stretch w/Wts
 9:15 Weight Training....UM
 9:30 Painting & Drawing
 10:45 Pilates/Strength Tr...UM
 12:00 Lunch

12:30 Holiday Bazaar Work- shop...Details on Page 4!

1:00 Duplicate Bridge
 2:30 Yoga.....UM
 3:00 'Touchstones'

Friday, October 24

8:30 Aerobics
 9:30 Effective Colored
 Pencil Technique

10:00 Walking Club Annapolis Mall.

SIGN UP BY 10/17.

12:00 Lunch
 12:30 Digital Photography
 1:00 Art: Watercolor
 2:30 Long Term Care
 Presentation - See Page 6!



Monday, October 27

8:30 Aerobics
 10:00 Ceramics
 10:00 Musical Memories: The
 Big Bands
 12:00 Lunch
 12:30 Ceramics
 1:30 Opera Appreciation

Tuesday, October 28

8:30 Aerobics....UM
 8:45 Flex & Stretch w/Wts
 9:00 Woodcarving
 9:15 Weight Training....UM

Tuesday, October 28...continued

10:00 Word Processing -
 Advanced.....SC
 10:00 Needlecrafts
 12:00 Lunch
 12:30 Applique
 1:00 Adaptive P. E. w/Rita
 1:00 Knitting
 2:30 History: American
 Military Wars

4:00—6:00

"GIRLS' NIGHT OUT"

See Page 8 for details!

Wednesday, October 29

FLU SHOTS

9:00—12:00;

1:00—3:00



See Page 7 for details!

**All regular Wednesday
 activities are cancelled.**

Thursday, October 30

8:30 Aerobics....UM
 8:45 Flex & Stretch w/Wts
 9:15 Weight Training....UM
 9:30 Painting & Drawing
 10:15 Bingo
 10:45 Pilates & Strength Tr.
UM

12:00 Lunch

1:00 New Member Social

See Page 4 for details!

1:00 Duplicate Bridge
 2:30 Yoga.....UM
 3:00 'Touchstones'



Friday, October 31

8:30 Aerobics
 9:30 Effective
 Colored Pencil
 Technique

10:00 Halloween Festivities & Keep Your Mind Alert

12:00 Lunch
 12:30 Digital Photography

Program Highlights—October 2003

“FLEA MARKET”

Friday October 3 9:00—2:30

Saturday October 4 9:00—1:00



**Thursday
Oct. 9 & 23
12:30 pm**

HOLIDAY BAZAAR WORKSHOP



Our Holiday Bazaar is just around the corner. We have just four workshops left! You are needed! Please join us to assist with the final bazaar projects. Marie Lloyd and Evelyn Bacon are the instructors.

GIRL' NIGHT OUT

Tuesday October 28 4:00—6:00
See Page 8 for details!



**Wednesday
October 29**

“FLU SHOT CLINIC”

SEE PAGE 7 FOR DETAILS!



**Thursday
October 30
1:00 pm**

NEW MEMBER SOCIAL



We are having an informal get together for all who have recently joined the Center, or are thinking about joining. This is an opportunity to get to know each other better, and to receive information about our Center and services. **Please let us know if you plan to attend.**

**Friday
October 31
10:00—11:30**



HALLOWEEN

Join us for fun and festivities. Come “dressed” for the occasion! Look out for the candy corn jar and take a guess at how many pieces there are. The winner will be announced on Halloween.

Please register by calling the Center at 410/222-1818.



PLEASE NOTE.....Coming in December!!

Medicare Beneficiaries and Managed Care Plans. Medicare beneficiaries will once again have the option of joining a managed care plan to serve their health care needs in 2004. Learn about benefits available with Kaiser Permanente Medicare Plus or Aetna Golden Choice at **Annapolis Senior Center, on Monday, December 15th at 12:45 pm.** Representatives of these two plans will be available to talk to you about their benefits and help you make an informed choice about coverage.

Annapolis Senior Center

ANNAPOLIS SENIOR CENTER				FALL CLASSES	
Monday		Wednesday		Friday	
Aerobics (M/W/F)	8:30— 9:30	Aerobics (M/W/F)	8:30— 9:30	Aerobics (M/W/F)	8:30— 9:30
Ceramics	10:00—12:00	Computer—Inter. * see F.Y.I.	9:00 - 10:30	Effective Colored Pencil	9:00— 12:00
Musical Memories *	10:00—12:00	Keep Your Mind Alert *	10:00—11:30	Keep Your Mind Alert *	10:00— 11:30
Ceramics	12:30— 2:00	Crafts * see F.Y.I.	12:30— 2:30	Digital Photography *	12:30— 3:00
Opera Appreciation	1:30— 3:30	Open Bridge *	12:45— 3:30	Art: Watercolor *	1:00— 3:00
		Adaptive P. E.	1:00— 2:00	F.Y.I.....	
Tuesday		Spanish—Intermediate	1:00— 3:00	Advanced Word Processing: Oct. 7, 14, 21 & 28; Nov. 4. (SC) Basic Computers: Nov. 18, 25; Dec 2, 9, 16. (SC) Interm. Computer runs 10/1 - 10/29. Aerobics w/Corinne starts October 6. Crafts begins on October 8. SC signifies Stanton Center UM signifies United Methodist Church	
Aerobics (T/Th).....UM	8:30— 9:15	Thursday		Please Note..... The Classes/Activities with an * are not college classes. They are free but may require a small supply fee. Sign up may be required. Registration for Anne Arundel Comm. College Fall classes ends on Oct. 15th. Persons 60 & over at the commencement of the class, pay a \$20 registration fee only. For persons 55 to 59 there is an additional \$40 fee, per class. Note: The Class Schedule is subject to change if enrollment does not reach the req'd minimum.	
Flex & Stretch w/Weights *	8:45— 9:45	Aerobics (T/Th).....UM	8:30— 9:15		
Woodcarving	9:00—11:45	Flex & Stretch w/Weights *	8:45— 9:45		
Weight Training (T/Th)....UM	9:15—10:00	Weight Training (T/Th).....UM	9:15—10:00		
Needlecrafts	10:00—12:00	Painting & Drawing	9:30—12:00		
Word Processing-Adv....SC *FYI	10:00—11:30	Plates & Strength Training...UM	10:45—11:45		
Basic Computers....SC *FYI	10:00—11:30	Duplicate Bridge *	1:00— 3:30		
Applique	12:30— 2:30	Yoga.....UM	2:30— 3:30		
Adaptive P.E. w/Rita	1:00— 2:00	Touchstones *	3:00— 4:00		
Knitting *	1:00— 3:00	If you have questions or concerns about the classes, please ask staff or volunteers.			
History: American Military Wars	2:30— 4:00				

Ongoing Services

Blood Pressure/Glucose Monitoring – is offered on the **first and third Wednesday** of each month; no appointment is necessary. Donations are accepted. **Senior Center membership is required.**

Information & Assistance - Paul Haughton, Information & Assistance specialist with the Department of Aging, is now available on the **4th Friday** of the month, **by appointment**, to assist seniors in defining needs, and locating and filing for appropriate services and programs. **See Ed or Jo to schedule an appointment.**

SHIP (Senior Health Insurance Program) - Trained volunteers are available to assist you with problems and/or concerns regarding your medical insurance, on the **2nd & 4th Thursday of the month, by appointment.** On the **4th Friday of every month at 2:30 p.m.**, Susan Knight, Director of SHIP, addresses the issue of Long Term Care Insurance. Join us for this valuable informational presentation.

Dining Out/Shopping Trips – We offer both trips once a month to an area shopping center and restaurant. See the daily schedule for details. Commitment fee applies. We are always open to suggestions.

Walking Club - Get exercise while having fun! Two Fridays a month our Walking Club walks at a local mall or park. For more information please call the Center.

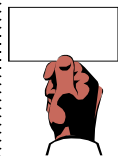
Mini Massage - Mary Ann Roesler, Certified Massage Therapist, gives mini massages at the Center every other month, **by appointment.** The next 'Mini Massage' is scheduled for November. Please check the daily schedule and program highlights in the newsletter for the specific date and time.

Cards and Games are played daily at the Center. Come and join us!

OCTOBER Birthdays: HAPPY BIRTHDAY TO THOSE LISTED BELOW :

This month the Birthdays will be celebrated on Friday, October 10th at 12:30 p. m.

Libby Allen, Orma Alvey, Mary Atwell, Charles Blair, Alma Bowers, Gordon Branham, Ruth L. Brown, Bert Brun, Helen Carter, Jean Cavanaugh, Pat Cerone, Emily Clark, Marjorie Colburn, Diana Corbett, Richard Cummings, Margaret Eklof, Joyce Evans, Elinor Flaherty, Sally Garrett, Marian Garvey, Doris Hampton, Pat Hayden, Peggy Heggins, June Hendricks, Ray Hendricks, Gilbert Herman, Joan Hogan, Charles Hortopan, William Howard, Viola Huddleston, Elaine Hunt, Robert Innis, Marie T. Jefferson, Carrie Belle Jones, Wally Kelbaugh, Thomas Leitch, George Lewis, Della Liberto, Mildred Marlow, Marge Mason, Anthony Mazzona, Sharon McInnis, Marion Meade, Vivian Mitchell, Judith Murray, Theodore Nace, Donna Nuckels, Fran Nystrom, Angela Pellerano, Loretta Perrin, Eugene Rasmussen, Melvin Rawls, Henry Rehn, Frans Scheefhals, James Sears, Bill Semenuk, Eileen Shepherd, Jackie Singmaster, Theresa Stocknick, Mary Storke, Martha Sulcer, Linda Teare, Jean Voorhees, Marion Wassel, Helen Wert, Waverlean Williams and Sue (Patricia) Young.



Do You Have Your New Membership Card?

We began issuing new, lilac colored, membership cards last month.

If you have not renewed, please do so as soon as possible.

*Membership is **free**. We are trying to take photos of members as well, so can we take your "mug shot", too?*

Coming in November:

"SOUTH PACIFIC" HERE WE COME!!.....WEDNESDAY, NOVEMBER 12TH, 10AM.

Join us for a trip to the South Pacific via a slide show presentation with Mr. Bill Brunk. Bill is a member of our Center, and a world traveller. **Sign up is requested.**

'PASCAL GO GETTERS' FALL SHOW.....THURSDAY, NOVEMBER 13TH, 1:00 PM.

The Go Getters return for another dazzling extravaganza. **Registration is necessary.**

DOMESTIC VIOLENCE: WHAT YOU SHOULD KNOW.....

WEDNESDAY, NOVEMBER 19TH, 12:45 PM.

Lynn Freshour, Coordinator of Intervention Services of the Anne Arundel County Sexual Assault Crisis Center will give information on this very important subject. Knowledge is power! **Sign up is requested.**

SIGN UPS FOR THE ABOVE EVENTS WILL BEGIN ON OCTOBER 27TH!

December brings our **Holiday Bazaar** and **Holiday Luncheon!**

Bazaar: Friday, December 5th & Saturday, December 6th

Luncheon: Friday, December 12th

See Insert for Bazaar & Luncheon details!



FLU SHOTS/PNEUMONIA SHOTS

*Flu Shots and Pneumonia Shots will be give on
Wednesday, October 29th, 9:00 – 12:00 & 1:00 – 3:00.*

The Anne Arundel County Department of Health sponsors the Flu Shot Clinic. There is no set fee but a \$10 donation is requested. If you have Medicare Part B be sure to bring your card so Medicare can be billed.

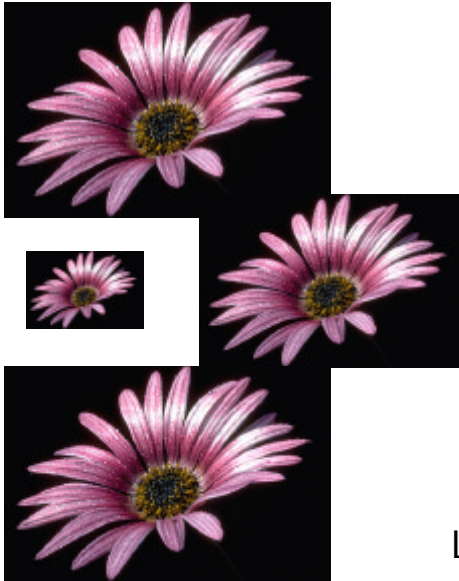
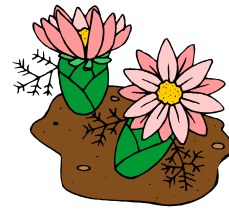
The Health Department suggests flu shots for persons over 65 and persons at high risk, e.g. chronic conditions that affect your heart or lungs, diabetes, kidney disease, anemia or weakened immune systems. Flu shots will not be given to children under the age of 4. Persons 65 and older need to get a Pneumonia shot only once. Persons under 65 may receive a pneumonia shot under certain conditions – a nurse will be available to answer questions.



You are cordially invited to a free evening...

Girls' Night Out

A forum on breast cancer, offering valuable information about women's health.



TUESDAY, OCTOBER 28, 2003
4 P.M.—6 P.M.

Annapolis Senior Center

1027 Bay Ridge Avenue
Annapolis, Maryland 21403
(Eastport Shopping Center)

Free Dinner and Door Prizes
Limited Free Transportation Available

Don't Delay! RSVP TODAY to 410-222-7979
Seating is limited to First-time Participants



Sponsored by: The Breast Center of Anne Arundel Medical Center, North Arundel Hospital, Anne Arundel County Department of Aging, Center for Medicare and Medicaid Services, Community Action Agency, Delmarva Foundation, Owensville Primary Care, YWCA of Annapolis and Anne Arundel County, and Anne Arundel County Department of Health.

Annapolis Senior Center

OCTOBER 2003 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Those under 60 must pay the \$3.36 cost of the meal. Those 60+ please contribute as much as you can towards the meal. Reservations must be made by 10 a.m. the day before you want your meal. Call 410-222-1003, 9:45am-1:15pm.</p>				
<p>6 Vegetable Soup Chicken a la King Rice Pepper Cabbage Biscuit Mixed Fruit Compote</p>	<p>7 Citrus Fruit Cup Baked Fish Fillet Mac/ Cheese Stewed Tomatoes Rye Bread Choc. Chip Cookies</p>	<p>1 Pepper Cabbage Chicken Tarragon Scalloped Potatoes Succotash Dinner Roll Apple</p>	<p>2 Blended Juice Pepper Steak Rice Green Beans Rye Bread Pound Cake</p>	<p>3 Minestrone Mac/Ham/Cheese Kale Vienna Bread Oatmeal Cookie</p>
<p>13 Beef Pattie Lettuce/Tomatoes Red Potatoes w/ Roll Collard Greens Fruit Cup</p>	<p>14 Pineapple Tidbits Chicken Diablo Macaroni Salad Spinach Cornbread Purple Plum</p>	<p>8 Cukes & Onions Veal Creole Red Potatoes Peas Vienna Bread Rice Pudding</p>	<p>9 Tossed Salad Turkey Stew Biscuit Brownie</p>	<p>10 Applesauce BBQ Pork Ribbette Hashbrown Pot Zucchini & Tom Sandwich Roll Pumpkin Cake</p>
<p>20 Orange Juice Gingered Cukes Knockwurst Baked Beans Hot Dog Bun Purple Plum</p>	<p>21 Pineapple Pear Compote Beef Stew Large Biscuit Gingerbread</p>	<p>15 Minestrone Soup Tuna Salad Lettuce/Tomato Pickled Beets Kaiser Roll Marble Cake</p>	<p>16 Fruit Cocktail Chicken Rosemary Sweet Potatoes Cukes & Onion Wheat Roll Almond Cake</p>	<p>17 Tossed Salad Baked Ziti w/Meat Sauce Zucchini Rye Roll Orange</p>
<p>27 Orange Juice Baked Ham Red Potatoes Autumn Squash Whole Wheat Bread Pumpkin Cake</p>	<p>28 Cream Of Broc Soup Baked Chicken Mashed Potatoes Cukes & Tomatoes Dinner Roll Mixed Fruit Compote</p>	<p>22 Vegetable Soup Seafood Salad Mexicali Corn Yellow Squash Kaiser Roll Sliced Apple</p>	<p>23 Split Pea Soup Meatloaf/Gravy Parslied Noodles Cukes/Tomatoes Whole Wheat Bread Pineapple Tidbits</p>	<p>24 Sunshine Salad Pork Chop/Gravy Mash Sweet Potatoes Green Beans Biscuit Sliced Pears</p>
		<p>29 Fruit Cocktail Stuffed Peppers Dilled Carrots Vienna Bread Applesauce Cake</p>	<p>30 Sliced Peaches Turkey/Gravy Stuffing Spinach Dinner Roll English Trifle</p>	<p>31 Tossed Salad Chicken Stew Corn Bread Ambrosia</p>



Ed Casey	Center Director
Jo Morris	Assistant Director
Robyn Prehn	Receptionist
Helen Timeus	Nutrition Site Manager
James Bias	Transportation Van Driver
Robert Howard	Transportation Van Driver
Reuben Bowman	Custodial Services
E-Mail Address	annapoliscenter@mail.aacounty.org
Center Phone	410-222-1818
Fax	410-222-1216
Nutrition	410-222-1003
Dept. of Aging	410-222-4464
Transportation	410-222-4826
Meals on Wheels	410-431-5257
Officer Joe Hatcher	410-222-0080 (Police Liaison)

RSVP Invites - - -Senior Center Volunteers To Senior Corps

The Retired and Senior Volunteer Program (RSVP) of Anne Arundel County Department of Aging will now accept applications from any senior volunteers at Annapolis Senior Center who wish to join RSVP, Senior Corps.

RSVP was founded in 1971 to promote volunteering for seniors. Over the years RSVP has evolved into a model of outcome-based volunteering. RSVP volunteers work in dozens of Anne Arundel County venues including our schools, libraries, and police departments. Also, within Department of Aging, RSVP volunteers provide clerical support, make Telephone Reassurance calls, prepare seniors' tax returns through the VI TA program, and assist with meal service in our Senior Nutrition Program.

Beginning in September 2003 any senior volunteer who has been serving at Annapolis Senior Center may also be recognized for that service by RSVP. By joining RSVP, Annapolis Center volunteers maintain all the privileges they now enjoy, plus the additional benefits of Senior Corps:

- Liaison to many other volunteer opportunities in Anne Arundel County
- Supplemental insurance while on-the-way and on-the-job
- Assistance and mediation in case of workplace disputes per Memo of Understanding between RSVP and on-site manager
- Invitations to relevant free trainings as appropriate
- Annual Recognition at the RSVP Volunteer Recognition Luncheon

For further information or to set an appointment at this senior center, call Dianne Turpin at the Department of Aging, RSVP Office.....410-222-4464

Products and services advertised in this publication are not endorsed or guaranteed by the Annapolis Senior Center, the Anne Arundel County Department of Aging, Friends of Arundel Seniors (FOAS) or FATA, Inc.